

Most adults in the U.S. are at **low risk** for measles.

What does this mean?

If you were born in 1957 or after, **one dose of MMR vaccine usually gives adequate protection from measles.** Most people don't need a second dose.

You are also protected if you:

- Were born before 1957
- Have lab evidence of immunity to measles
- Have had measles

Do I need another MMR vaccine?

For most adults, no.

- There is no recommendation for an adult catch-up program for adults born before 1989.
- There is no recommendation for vaccination campaigns among adults in areas that are not affected by measles.

Do some adults need another MMR vaccine?

Yes, but most adults in the U.S. do not. Talk with your healthcare provider if you have questions. Read the right side of this flyer to see if you might need one or two doses of MMR vaccine.

Some adults are at high risk for measles and need 2 doses of MMR.

- Students at post-high school education institutions
- Healthcare personnel
- International travelers

Anyone else?

- Those who received a killed measles vaccine from 1963 to 1968 should be re-vaccinated. **This affects less than 5% of adults in the U.S.**
- During outbreaks, health departments may provide additional recommendations to protect their communities.

Guidance on MMR vaccine for adults is from the Centers for Disease Control and Prevention (CDC) and hasn't changed since the [MMWR statement in 2013.](#)

Learn more at www.cdc.gov/measles.



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